

Greetings from the SD Diabetes Prevention & Control Program (DPCP) and welcome to the October 31, 2008 edition of the "DPCP FYI". Each FYI is received by over 450 diabetes care professionals in and around South Dakota. If you have trouble with the links, the e-bulletin is also posted on the DPCP website at <http://diabetes.sd.gov>. If you have suggestions for improvement to the FYI or if I can otherwise be of assistance, please let me know. Colette

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SD Diabetes Strategic Plan 2007-2008 Progress Report

The progress report of work on the [SD Diabetes State Plan 2007-2009](http://doh.sd.gov/Diabetes/Coalition/default.aspx) completed from April 2007 through March 2008 is now posted at <http://doh.sd.gov/Diabetes/Coalition/default.aspx>. Thank you and Congratulations to all who have previously and are presently affecting the diabetes strategic plan.

SD Diabetes Coalition Newsletter

Issue 2 of *SDDC Connections*, the SD Diabetes Coalition's newsletter is available at <http://doh.sd.gov/Diabetes/Coalition/Connection2.pdf>.

SD Diabetes Coalition in *Dakota Nurse Connection*

The next issue of *Dakota Nurse Connection* will contain an article about the South Dakota Diabetes Coalition's mission, focus areas, and recent Partners' Conference. The SD Board of Nursing, a partner with the ND Board of Nursing to distribute *Dakota Nurse Connection* to every actively licensed LPN, RN, and APN in both states, desires to help translate the work of the SD Diabetes Coalition to nurses who, individually and collectively, impact the burden that diabetes places on people.

For further information about the SD Diabetes Coalition (SDDC) or to become a member, contact Melissa Magstadt, SDDC Coordinator, at magstadm@gmail.com or (605) 882-9853.

Online Videos about Type 2 Diabetes

The National Diabetes Education Program (NDEP) has partnered with the Agency for Healthcare Research and Quality (AHRQ) to produce three online videos about type 2 diabetes. The videos are a great resource for people who might be at-risk or have been recently diagnosed with type 2 diabetes.

The videos feature informational interviews with people who live with type 2 diabetes and use graphics to explain the science behind the disease, such as how blood glucose operates in the body. The videos also address symptoms and risk factors for type 2 diabetes, emphasize the importance of physical activity and making healthy food choices, and point out how health care professionals can help people with diabetes manage their disease.

The videos can be accessed under Program Category: Diabetes at www.healthcare411.org.

Holiday Healthy Challenge

Want to relieve some stress and avoid gaining weight during the festive holiday season?

Join the Holiday Healthy Challenge sponsored by the SD Department of Health. The challenge runs November 15 through January 1st. Challenge participants will count steps of physical activity. South Dakotans can participate either on teams or as individuals. Sign up begins now so get your team together.

Holiday Healthy Challenge participants will receive a pedometer to help them count their steps. Ten randomly selected participants will receive a prize at the end of the challenge. For more information and to sign-up, go to www.HealthySD.gov and click on the link in the Holiday Healthy Challenge story.

2008 Physical Activity Guidelines for Americans Released

The US Department of Health & Human Services (HHS) has released the *2008 Physical Activity Guidelines for Americans*. These comprehensive guidelines describe:

- A total amount of activity per week that allows people to design their own way of meeting the physical activity guidelines and
- A range of physical activity options that emphasizes the more you do, the more health benefits you gain.

Developed with health professionals and policymakers in mind, the Guidelines are designed to provide you with recommendations to help those you serve.

To complement the Guidelines, HHS has developed a Toolkit. Toolkit items include a Be Active Your Way Booklet and Fact Sheet for Adults. These resources can help your patients decide the number of days, types of activities, and time that fit their schedule. Organizations that sign up to become Supporters will receive a free Toolkit and will be listed on the Physical Activity Guidelines for Americans web site. To sign up, visit the web site and click Become a Supporter.

More information and 2008 Physical Activity Guidelines for Americans materials are available at www.health.gov/paguidelines.

Prediabetes and Diabetes Risk Reduction Report

The Morbidity and Mortality Weekly Report (MMWR) is publishing a series of diabetes-related reports to highlight "November is American Diabetes Month". November 7th will feature "Prediabetes and Risk Reduction, National Health Interview Survey, 2006". Supplemental questions that were included in the 2006 National Health Interview Survey were analyzed to assess awareness of having prediabetes among U.S. adults. Participants were also asked whether they had engaged in certain risk reduction activities during the past year. The findings indicate that an opportunity exists to reduce the preventable burden of diabetes by improving awareness of prediabetes and its associated risks and by focusing attention on lifestyle change and risk reduction. This and all issues are available at www.cdc.gov/mmwr.

Upcoming American Association of Diabetes Educators (AADE) Webinars

The AADE web-based sessions are convenient venues to improve your knowledge-base and your ability to care for patients. The next webinar is:

Wednesday, November 5, 2008, 12:00 – 1:30 Central time

Cultural competency: Are you speaking the right language?

Other upcoming webinar topics include:

1/14/09: Advanced carb counting

2/04/09: Advanced pump techniques

3/04/09: The artificial pancreas project

4/01/09: Inpatient diabetes management, Part 1

4/15/09: Inpatient diabetes management, Part 2

5/06/09: Teaching tips

6/03/09: Ask the experts: Behavior change

7/08/09: Medications update

To learn more or to register visit www.diabeteseducator.org

ABCs of Diabetes Education Online Course

The American Association of Diabetes Educators is pleased to announce the release of a new online course: *ABCs of Diabetes Education*.

ABCs of Diabetes Education is a self-paced, 6-module online course that focuses on the essential knowledge and skills needed by entry-level, non-diabetes educator clinicians who want to enhance their ability to work with patients with diabetes. Nurses, dietitians, and generalist pharmacists should consider this interactive course as one of the first steps towards becoming a diabetes educator.

Available in an easily accessible online format, each module in this self-paced course includes a brief video vignette presenting a clinical situation relevant to the module, a detailed multimedia lecture presentation, an interactive case-study discussion, and additional resources and job aids.

Modules include:

- **Defining Diabetes:** Learn about the scope of the diabetes epidemic, and gain knowledge on the normal physiology and the pathophysiology and clinical characteristics of the disease.
- **Clinical Practice Guidelines:** Discover how the various diabetes clinical practice guidelines can be used to direct patient interventions, improve outcomes, and enhance quality of life for your patients.
- **Self-Management Education:** Gain insight on evidence-based learning theories related to behavior change. You will walk away with strategies for meeting the needs of adult learners and know how to effectively teach your patients about blood glucose monitoring.
- **Healthy Eating and Physical Activity:** Learn how nutrition and physical activity can help delay, prevent, and treat diabetes complications and how you can help guide your patients in making healthful lifestyle changes.
- **Medications:** Get the facts on the pharmacologic treatment options for diabetes. You will learn about insulins and their delivery mechanisms, as well as oral medications that are currently in use and those that are on the horizon.
- **Complications of Uncontrolled Diabetes:** Understand the acute and chronic complications of uncontrolled diabetes so that you can provide appropriate care, help reduce patient risk, and support patients to progressively adopt positive self-care behaviors.

Upon successful completion of the entire course and comprehensive post-test, users will receive CE credit and a Statement of Credit.

Please visit www.diabeteseducator.org for the latest information on program price and continuing education credit. Discounts for multiple employees are available.

If you have received this FYI from a colleague and you'd like to subscribe or to unsubscribe, contact Colette at the email below.

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